

SR Item Report - Amount in 100 gram Edible Portion

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Food Item ID 68393

NDB No 20035

Approved Y

Edited Name

Quinoa, uncooked

Scientific Name

Chenopodium quinoa Willd.

Common Name

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	Deriv Code	AddMod Date	df	Lower EB	Upper EB	Num Studies	Min	Max	Stat Comm
255	Water	13.28	g	3	0.501	1	A	04/20/07	2	11.119	15.434	1	12.51	14.22	2 3
208	Energy	368	kcal	0		4	NC	05/23/08							
268	Energy	1539	kJ	0		4	NC	05/23/08							
203	Protein	14.12	g	3	0.955	1	A	04/20/07	2	10.015	18.234	1	12.22	15.19	2 3
204	Total lipid (fat)	6.07	g	3	0.302	1	A	04/20/07	2	4.767	7.366	1	5.58	6.62	2 3
207	Ash	2.38	g	3	0.016	1	A	04/20/07	2	2.306	2.447	1	2.35	2.40	2 3
205	Carbohydrate, by difference	64.16	g	0		4	NC	05/23/08							
291	Fiber, total dietary	7.0	g	3	0.551	1	A	04/20/07	2	4.630	9.370	1	6.1	8.0	2 3
209	Starch	52.22	g	3	0.394	1	A	04/20/07	2	50.521	53.912	1	51.75	53.00	2 3
301	Calcium, Ca	47	mg	3	0.333	1	A	04/20/07	2	45.899	48.768	1	47	48	2 3
303	Iron, Fe	4.57	mg	3	0.167	1	A	04/20/07	2	3.850	5.284	1	4.40	4.90	2 3
304	Magnesium, Mg	197	mg	3	6.667	1	A	04/20/07	2	167.982	225.351	1	190	210	2 3
305	Phosphorus, P	457	mg	3	23.333	1	A	04/20/07	2	356.271	557.062	1	410	480	2 3
306	Potassium, K	563	mg	3	38.442	1	A	04/20/07	2	397.931	728.735	1	520	640	2 3
307	Sodium, Na	5	mg	3	0.921	1	A	04/20/07	2	0.671	8.595	1	3	6	2 3
309	Zinc, Zn	3.10	mg	3	0.100	1	A	04/20/07	2	2.670	3.530	1	3.00	3.30	2 3
312	Copper, Cu	0.590	mg	3	0.059	1	A	04/20/07	2	0.338	0.842	1	0.500	0.700	2 3
315	Manganese, Mn	2.033	mg	3	0.684	1	A	04/20/07	2	- 0.910	4.976	1	1.300	3.400	2 3
317	Selenium, Se	8.5	µg	3	3.240	1	A	04/20/07	2	- 5.437	22.447	1	2.2	13.0	1 2 3
404	Thiamin	0.360	mg	3	0.015	1	A	04/20/07	2	0.294	0.426	1	0.340	0.390	2 3
405	Riboflavin	0.318	mg	3	0.011	1	A	04/20/07	2	0.269	0.367	1	0.306	0.341	2 3
406	Niacin	1.520	mg	3	0.103	1	A	04/20/07	2	1.078	1.961	1	1.320	1.660	2 3
410	Pantothenic acid	0.772	mg	3	0.037	1	A	04/20/07	2	0.611	0.932	1	0.730	0.846	2 3
415	Vitamin B-6	0.487	mg	3	0.042	1	A	04/20/07	2	0.306	0.668	1	0.406	0.547	2 3
417	Folate, total	184	µg	3	8.373	1	A	04/20/07	2	148.306	220.360	1	170	199	2 3
431	Folic acid	0	µg	0		7	Z	01/31/01							
432	Folate, food	184	µg	3	8.373	1	A	04/20/07	2	148.306	220.360	1	170	199	2 3

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435	Folate, DFE	184	µg	0		4	NC	05/23/08							
421	Choline, total	70.2	mg	0		1	AS	04/20/07							
454	Betaine	630.4	mg	1		1	A	04/20/07							
418	Vitamin B-12	0.00	µg	0		7	Z	10/01/89							
320	Vitamin A, RAE	1	µg	1		1	A	04/20/07							
319	Retinol	0	µg	0		7	Z	06/12/02							
321	Carotene, beta	8	µg	1		1	A	04/20/07							
322	Carotene, alpha	0	µg	1		1	A	04/20/07							
334	Cryptoxanthin, beta	1	µg	1		1	A	04/20/07							
318	Vitamin A, IU	14	IU	0		1	AS	04/20/07							
337	Lycopene	0	µg	1		1	A	05/23/08							1
338	Lutein + zeaxanthin	163	µg	1		1	A	04/20/07							
323	Vitamin E (alpha-tocopherol)	2.44	mg	3	0.188	1	A	04/20/07	2	1.628	3.245	1	2.12	2.77	2 3
341	Tocopherol, beta	0.08	mg	3	0.017	1	A	04/20/07	2	0.012	0.155	1	0.05	0.10	2 3
342	Tocopherol, gamma	4.55	mg	3	0.660	1	A	04/20/07	2	1.709	7.391	1	3.23	5.25	2 3
343	Tocopherol, delta	0.35	mg	3	0.075	1	A	04/20/07	2	0.027	0.673	1	0.22	0.48	2 3
344	Tocotrienol, alpha	0.00	mg	3	0.000	1	A	05/23/08				1	0.00	0.00	1 2 3
345	Tocotrienol, beta	0.00	mg	3	0.000	1	A	05/23/08				1	0.00	0.00	1 2 3
346	Tocotrienol, gamma	0.00	mg	3	0.000	1	A	05/23/08				1	0.00	0.00	1 2 3
347	Tocotrienol, delta	0.00	mg	3	0.000	1	A	05/23/08				1	0.00	0.00	1 2 3
328	Vitamin D (D2 + D3)	0.0	µg	0		7	Z	11/15/08							
324	Vitamin D	0	IU	0		7	Z	02/03/09							
430	Vitamin K (phylloquinone)	0.0	µg	3	0.000	1	A	05/23/08				1	0.0	0.0	1 2 3
429	Dihydrophyloquinone	0.0	µg	3	0.000	1	A	05/23/08				1	0.0	0.0	1 2 3
428	Menaquinone-4	1.1	µg	3	1.094	1	A	04/20/07	2	- 3.614	5.802	1	0.0	3.3	1 2 3
606	Fatty acids, total saturated	0.706	g	0		4	NC	04/20/07							
609	8:0	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
610	10:0	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
611	12:0	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
612	14:0	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
652	15:0	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
613	16:0	0.600	g	3	0.026	1	A	04/20/07	2	0.486	0.714	1	0.560	0.650	2 3
653	17:0	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3

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614	18:0	0.037	g	3	0.003	1	A	04/20/07	2	0.022	0.051	1	0.030	0.040	2 3
615	20:0	0.030	g	3	0.000	1	A	04/20/07				1	0.030	0.030	2 3
624	22:0	0.030	g	3	0.000	1	A	04/20/07				1	0.030	0.030	2 3
654	24:0	0.010	g	3	0.000	1	A	04/20/07				1	0.010	0.010	2 3
645	Fatty acids, total monounsaturated	1.613	g	0		4	NC	04/20/07							
625	14:1	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
697	15:1	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
626	16:1 undifferentiated	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
687	17:1	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
617	18:1 undifferentiated	1.420	g	3	0.038	1	A	04/20/07	2	1.257	1.583	1	1.350	1.480	2 3
628	20:1	0.093	g	3	0.003	1	A	04/20/07	2	0.079	0.108	1	0.090	0.100	2 3
630	22:1 undifferentiated	0.083	g	3	0.003	1	A	04/20/07	2	0.069	0.098	1	0.080	0.090	2 3
671	24:1 c	0.017	g	3	0.003	1	A	04/20/07	2	0.002	0.031	1	0.010	0.020	2 3
646	Fatty acids, total polyunsaturated	3.292	g	0		4	NC	04/20/07							
618	18:2 undifferentiated	2.977	g	3	0.226	1	A	04/20/07	2	2.004	3.949	1	2.530	3.260	2 3
619	18:3 undifferentiated	0.260	g	3	0.010	1	A	04/20/07	2	0.217	0.303	1	0.250	0.280	2 3
627	18:4	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
672	20:2 n-6 c,c	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
689	20:3 undifferentiated	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
620	20:4 undifferentiated	0.009	g	3	0.001	1	A	04/20/07	2	0.005	0.013	1	0.007	0.010	1 2 3
629	20:5 n-3 (EPA)	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
857	21:5	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
858	22:4	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
631	22:5 n-3 (DPA)	0.000	g	3	0.000	1	A	05/23/08				1	0.000	0.000	1 2 3
621	22:6 n-3 (DHA)	0.047	g	3	0.009	1	A	04/20/07	2	0.009	0.085	1	0.030	0.060	2 3
601	Cholesterol	0	mg	0		7	Z	10/01/89							
501	Tryptophan	0.167	g	0		1	A	05/23/08							
502	Threonine	0.421	g	0		1	A	05/23/08							
503	Isoleucine	0.504	g	0		1	A	05/23/08							
504	Leucine	0.840	g	0		1	A	05/23/08							
505	Lysine	0.766	g	0		1	A	05/23/08							
506	Methionine	0.309	g	0		1	A	05/23/08							

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507	Cystine	0.203	g	0		1	A	05/23/08							
508	Phenylalanine	0.593	g	0		1	A	05/23/08							
509	Tyrosine	0.267	g	0		1	A	05/23/08							
510	Valine	0.594	g	0		1	A	05/23/08							
511	Arginine	1.091	g	0		1	A	05/23/08							
512	Histidine	0.407	g	0		1	A	05/23/08							
513	Alanine	0.588	g	0		1	A	05/23/08							
514	Aspartic acid	1.134	g	0		1	A	05/23/08							
515	Glutamic acid	1.865	g	0		1	A	05/23/08							
516	Glycine	0.694	g	0		1	A	05/23/08							
517	Proline	0.773	g	0		1	A	05/23/08							
518	Serine	0.567	g	0		1	A	05/23/08							

Refuse Percent Refuse Dissemination Text

0.00

Weights

Rank	Amount	Description	Gram Weight	n	STD
1	1.00	cup		170	

Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent
4.0000	9.0000	4.0000		.8500		6.2500	

SR Survey Food Supply

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Food Item ID 68393 **NDB No** 20035 **Approved** Y

SR **Survey** **Food Supply**
Y

Number **Footnotes**